Indoor Pool Schedule

1:00pm-4:00pm

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-5:45pm

7415 Wood Haven Rd. • (540) 777-6300 • GreenRidgeRecreationCenter.com

X -Indicates that is closed or being used for classes.

1:00pm-4:00pm

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-5:45pm

this area of the pool

MON / WED / FRI TUE / THU SPRAY CENTER RIVER LAP CENTER RIVER SLIDE LAP SPRAY SLIDE 6:30am-7:00am 6:30am-7:00am 7:00am-7:30am 7:00am-7:30am 7:30am-8:00am 7:30am-8:00am 8:00am-8:30am 8:00am-8:30am 8:30am-9:00am 8:30am-9:00am 9:00am-9:30am 9:00am-9:30am 9:30am-10:00am 9:30am-10:00am 10:00am-10:30am 10:00am-10:30am 10:30am-11:00am 10:30am-11:00am 11:00am-11:30am 11:00am-11:30am 11:30am-12:00pm 11:30am-12:00pm 12:00pm-12:30pm 12:00pm-12:30pm 12:30pm-1:00pm 12:30pm-1:00pm 1:00pm-4:00pm 1:00pm-4:00pm 4:00pm-4:30pm 4:00pm-4:30pm 4:30pm-5:00pm 4:30pm-5:00pm 5:00pm-5:30pm 5:00pm-5:30pm 5:30pm-6:00pm 5:30pm-6:00pm 6:00pm-6:30pm 6:00pm-6:30pm 6:30pm-7:00pm 6:30pm-7:00pm 7:00pm-7:30pm 7:00pm-7:30pm 7:30pm-8:00pm 7:30pm-8:00pm 8:00pm-8:30pm 8:00pm-8:30pm 8:30pm-9:00pm 8:30pm-9:00pm **SATURDAY SUNDAY** SLIDE LAP CENTER RIVER SPRAY SLIDE LAP CENTER RIVER SPRAY 8:00am-8:30am 8:00am-8:30am 8:30am-9:00am 8:30am-9:00am 9:00am-9:30am 9:00am-9:30am 9:30am-10:00am 9:30am-10:00am 10:00am-10:30am 10:00am-10:30am 10:30am-11:00am 10:30am-11:00am 11:00am-11:30am 11:00am-11:30am 11:30am-12:00pm 11:30am-12:00pm 12:00pm-12:30pm 12:00pm-12:30pm 12:30pm-1:00pm 12:30pm-1:00pm

LAST UPDATED:			

Levels - Beginner (B), Advanced (A), Multi Level (ML)

INSTRUCTOR

AQUATIC MEMBER GROUP FITNESS TIME

	CLASS	TIME	PLACE	INSTRUCTOR
M O N				
T U E				
W E D				
T H U				
F R I				
S A T				

- Due to aquatic programs and maintenance, some or all of the pool may be closed at times. Schedule/Instructors are subject to change without notice.
- Children eight and under must be supervised by a quardian in the pool area at all times
- The spa is open during normal aquatics hours only. Chilren 4-10 must have adult with them in the spa at all times. Children three and under may not use the spa.

